

“God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

“We went back through our lives. Nothing counted but thoroughness and honesty.”

- Big Book Page 65

Column 1	Column 2	Column 2	Column 4
<u>I'm Resentful at:</u> • People • Institutions • Principles	<u>The Cause:</u> <i>Why am I angry?</i>	<u>Affects My:</u> • Self Esteem • Personal Relations • Sex Relations • Ambitions • Security Instinct • Pocketbook • Pride	<u>My Mistake / Faults:</u> <i>Where am I to blame?</i> • Selfish • Dishonest • Self-seeking • Frightened

Resentment Inventory

Column 1	Column 2	Column 2	Column 4
<u>I'm Resentful at:</u> • People • Institutions • Principles	<u>The Cause:</u> <i>Why am I angry?</i> • How do I believe I was harmed?	<u>Affects My:</u> • Self Esteem • Personal Relations • Sex Relations • Ambitions • Security Instinct • Pocketbook • Pride	<u>My Mistake / Faults:</u> <i>Where am I to blame?</i> • Selfish • Dishonest • Self-seeking • Frightened

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		• Pride	

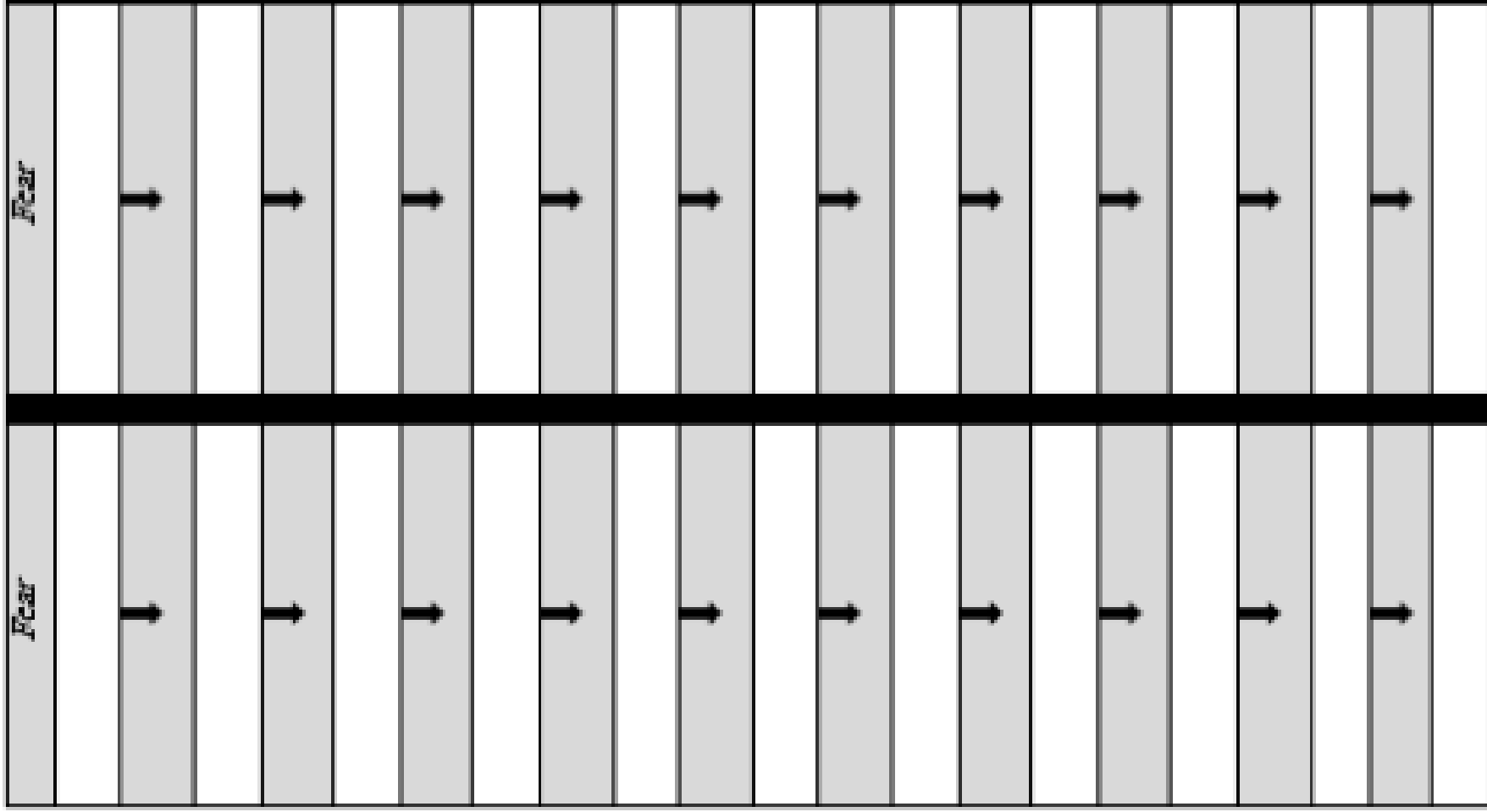
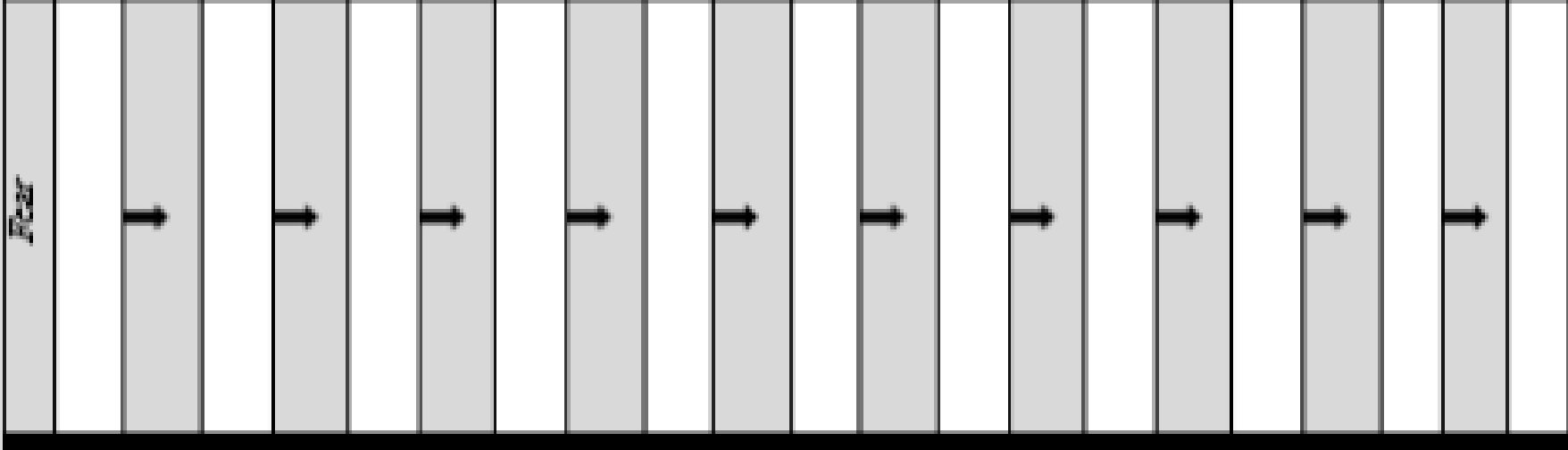
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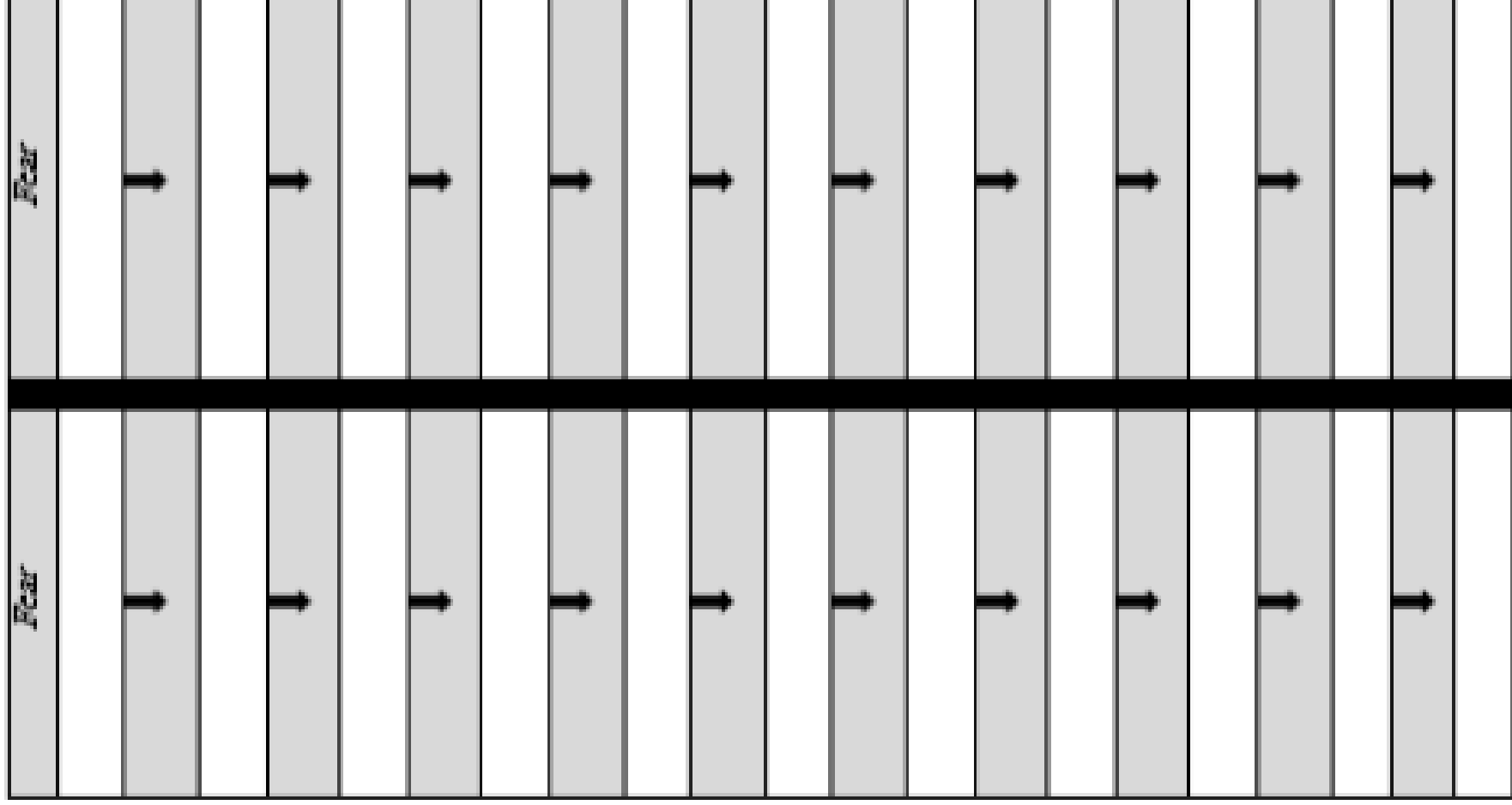
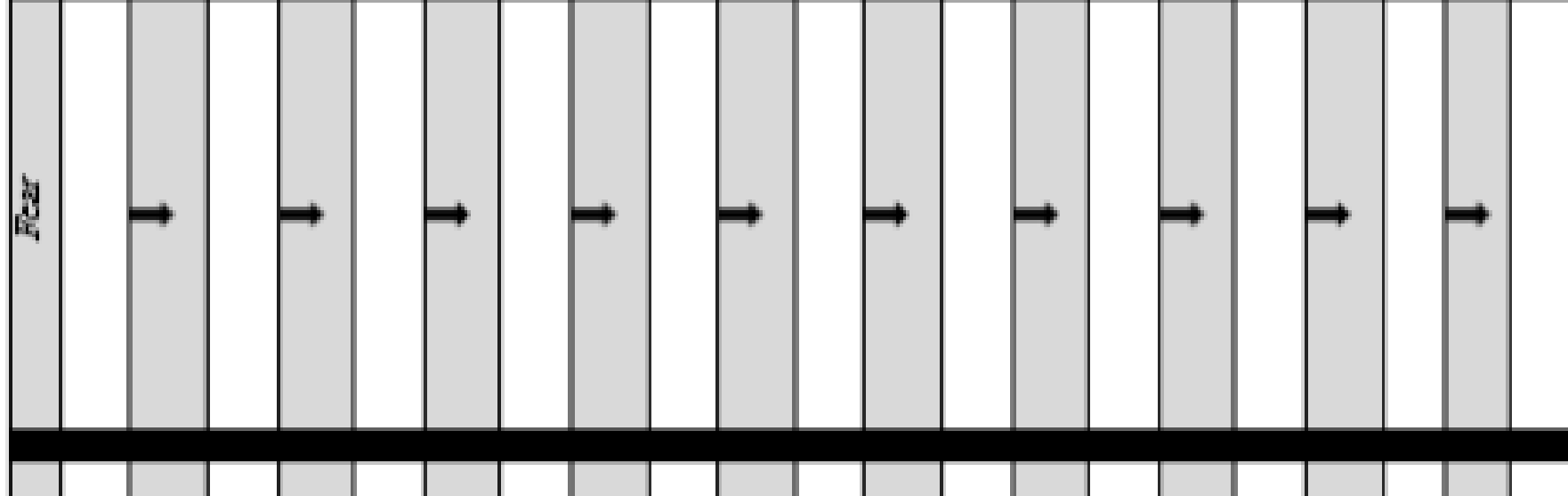
Fear Inventory

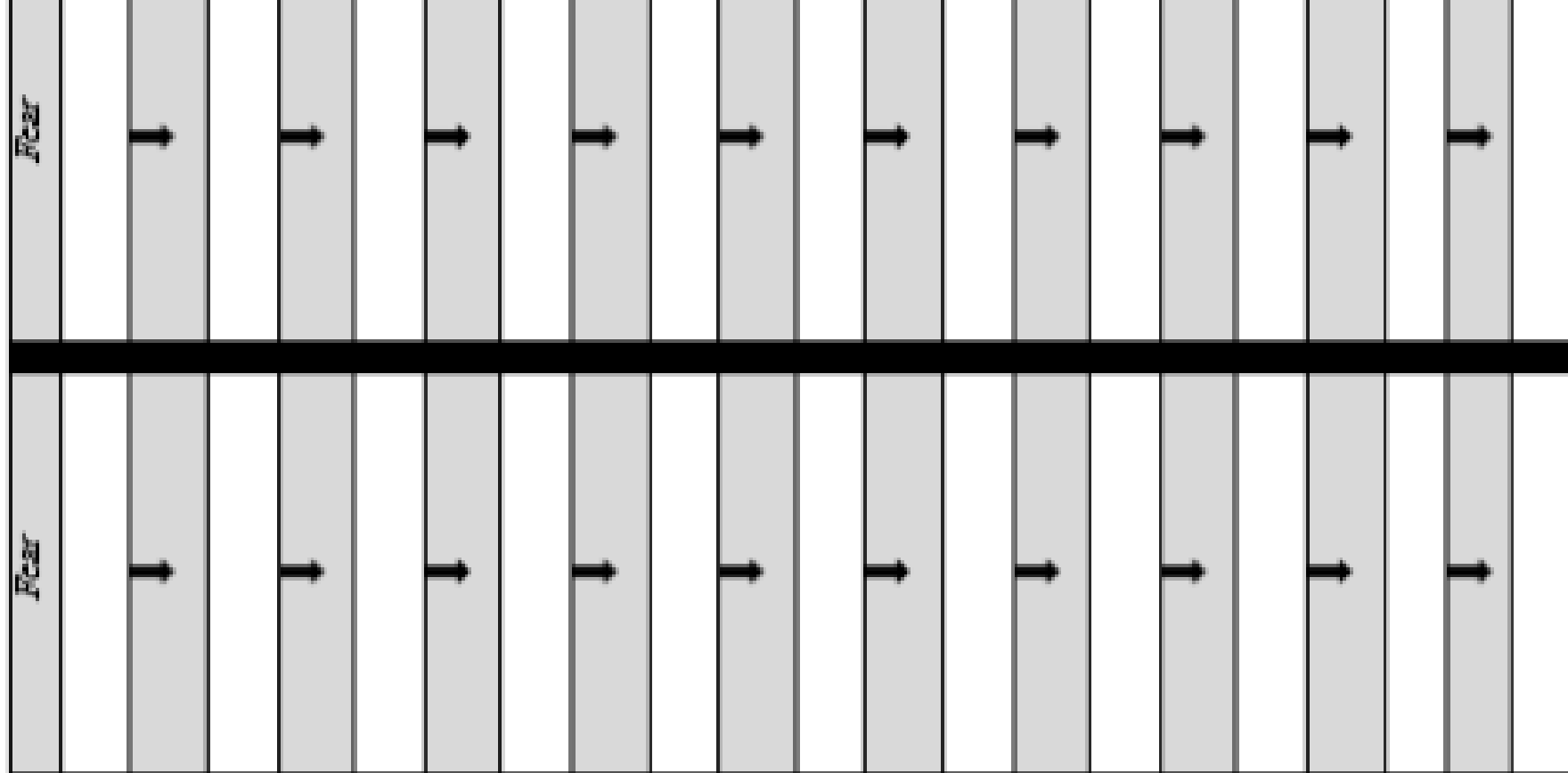
"We reviewed our fears thoroughly. We put them on paper, resentment in connection with them. We asked ourselves

<i>Fear</i>
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<i>Fear</i>	<i>Fear</i>
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Column 1	Column 2	Column 3	Column 4
Name:	<u>Were we:</u> • Selfish • Dishonest • Inconsiderate <u>Did we unjustifiably</u> <u>arouse:</u> • Jealousy • Suspicion • Bitterness Whom had we hurt?	Where were we at fault:	What should I have done instead:

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Sex Harms Inventory

Name:	Were we: • Selfish • Dishonest • Inconsiderate Did we unjustifiably arouse: • Jealousy • Suspicion • Bitterness Whom had we hurt?	Where were we at fault:	What should I have done instead:

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“In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test – was it selfish or not? We asked God to mold our ideals and help us live up to them.”

What is my ideal for my future sex life? (Future relationships, etc.)